

### **Abstract**

A watch that advantageously allows an athlete, such as a runner, to conveniently and instantly calculate a pace at which a distance was traveled. The watch includes a chronographic process and a pace calculation process. In order to determine a pace, the athlete enters the travel distance into the pace calculation process. The athlete then initiates a count by the chronographic process when he or she starts traveling the designated distance. When the athlete finishes traveling the designated distance, he or she stops the count, so that the chronographic process measures the total elapsed time required to travel the designated distance. The pace calculation process then obtains the total elapsed time from the chronographic process, and divides the designated travel distance by the total elapsed time to calculate the pace at which the distance was traveled.